

The Book of Baby Mine



And nurse, here's a line that
was meant just for you.
If the fairies annoy you, just
say to them, "Shoo!"

May - 26 - 1924.

This book is my own, so I'm going
to sign
my great big name on this little
wee line:

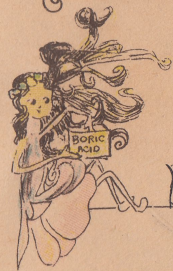


Jack Peterson

Cried all the while mother
held his hand



Dear Doctor, I know you are
busy, but maybe
you will sign on this line, just
to please a good baby?



Dr. Hemmingson -

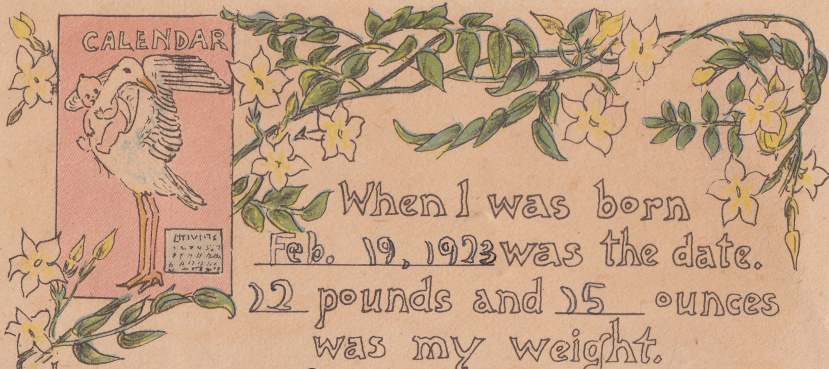
First home

Photograph of
my first home.



Mrs. Bundgard -

And nurse, here's a line that
was meant just for you.
If the fairies annoy you, just
say to them, "Shoo!"



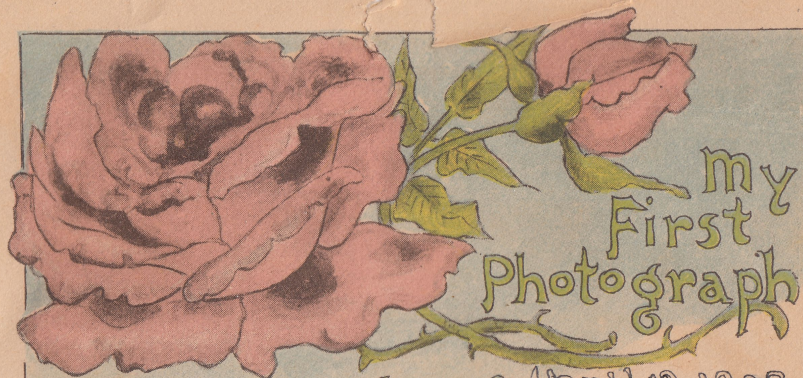
When I was born
Feb. 19, 1923 was the date.

22 pounds and 15 ounces
was my weight.

The day was Mon. "Tick tick, tick tick!
"45 minutes past 10," said the wise old clock.
And O, I was tiny to live in this land!
Just see the wee outline of my foot and hand!

6 months.

22 months.

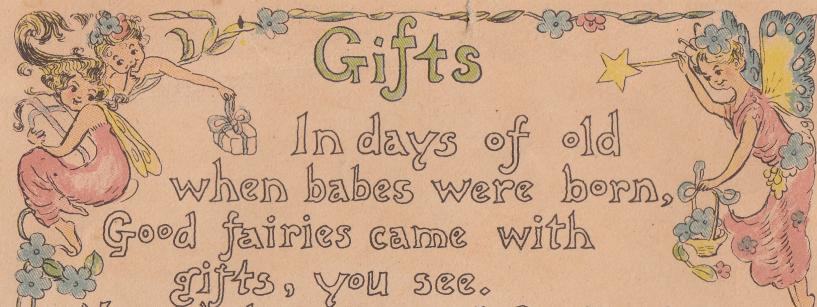


Taken on the day of April 12, 1923.

By Aunt Alma.



Gifts



In days of old
when babes were born,
Good fairies came with
gifts, you see.
Now I believe in good fairies too,
For here are the gifts they brought to me.

My Gifts

The Givers

Gold Ring -	- Grand-ma & Pa.
Stockings -	
Pillows -	- Aunt Alma -
Buggy clasps -	
Bonnet -	- Grandma Pedersen -
Jack -	- Aunt Stella -
Comfortor -	- Mrs Jones Calif -
Stockings -	- Consuelo - " -
Cape -	- Angelica - " -
Rattle -	
Botties -	
Stockings -	Mrs. Bolton.



Rubber panties -
Petticoat -
Silver cup -
Spoon & Fork -
Spoon -
Shoes -
Comb & Brush -
Vanta Band -
Buggy Strap -
Rattle -
Buggy Snips -
Swind -
Shoes -
Bath Robe -

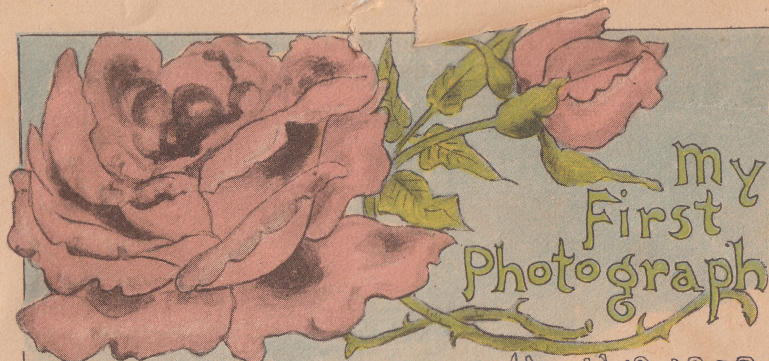
Mrs. Rasmussen
Mrs. Hansen -
Mrs. Simonson -
Saabys -
Victor - Uncle -
Summers -
Elisabeth -
Mrs. Jackson -
Cousin Margaret -
Grandma - N -
Aunt Erna -
Aunt AL & Uncle Vic -
Aunt Agnes -
Mrs. Bundgaard -



My First Outing

Mother and GRANDMA
took ME out visiting for the
first time, when I was about

Oh Dear Mother says, she
just can't write that way any
more, but anyway the first
time I went riding in my
buggy I was only six weeks
old, and we went to call on
Mrs. Hanson who lives on
the Ave and I cried all
home. Shame on me



Taken on the day of April 12, 1923.

By Aunt Alma.

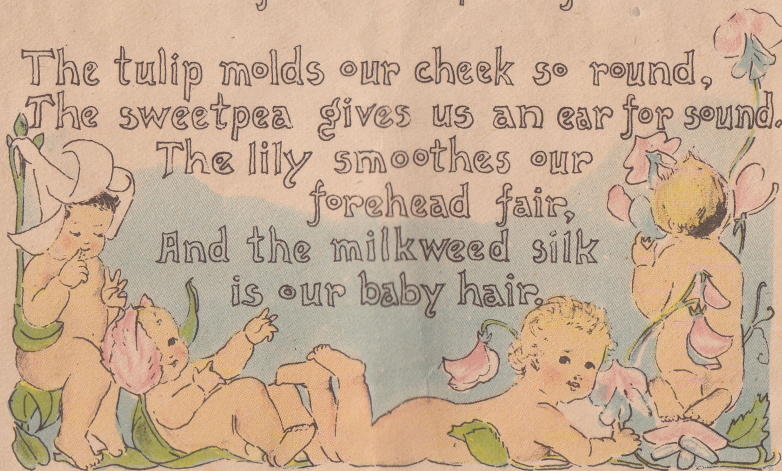




"What fragrant garden of far away,"
I heard the ones who love me say,
"What garden gave its blooms to you?"
"O blossom-baby, tell us true!"

In the Sleepsin Garden behind the Moon,
That drowsy garden with poppies strewn,
We babies wait till we come to earth,
And the moon flowers shape us for our birth.

The tulip molds our cheek so round,
The sweetpea gives us an ear for sound.
The lily smoothes our forehead fair,
And the milkweed silk is our baby hair.



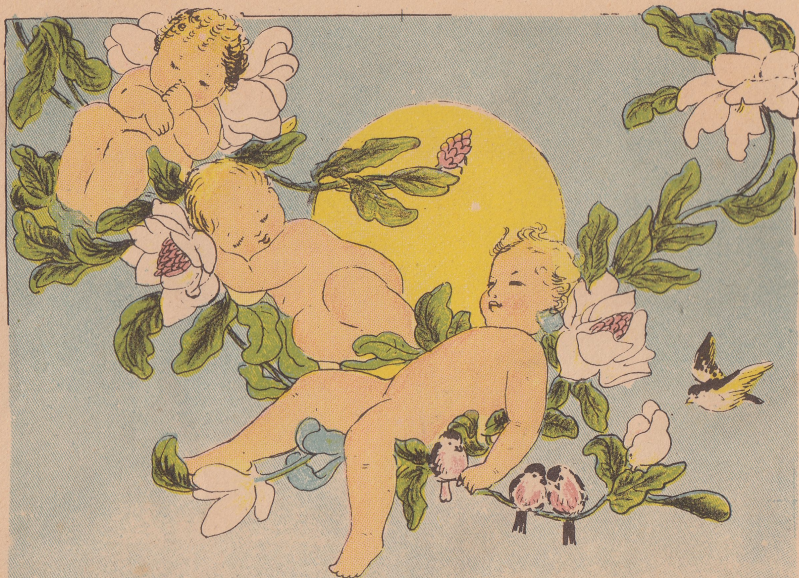
These little envelopes which Daddy pasted in, are for keeping my locks of hair. See the dates when they were cut!

may 25-1924

nov. 13. 1924

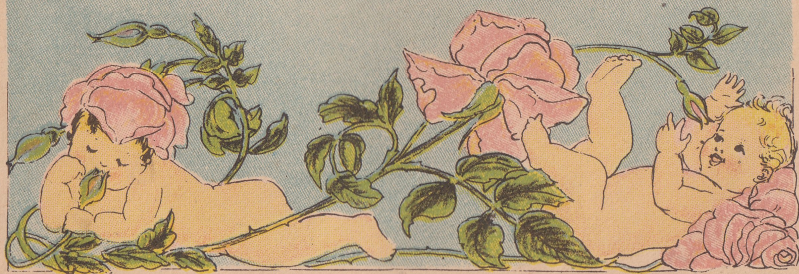
Jackie's
first haircut.

Oct. 2-1925



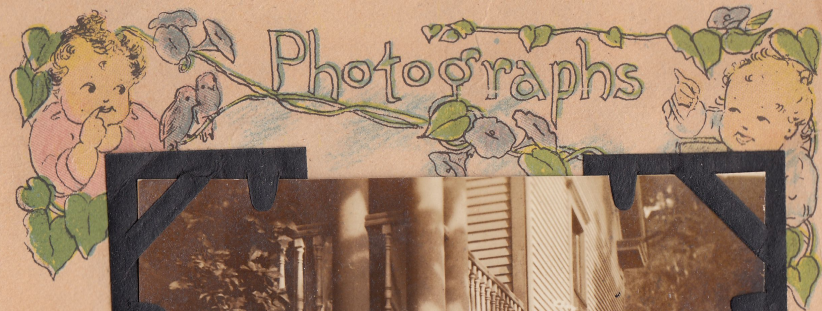
And long I dreamed in a leafy bower,
My pillow a sweet magnolia flower.
That's why my neck is waxy and white,
And fragrant and pure for your delight.

I found a bud on a small rose tree,
And loved it so much that it grew to me.
This sweet little trifle you call a nose,
Is really the bud of a little pink rose.



Five
months
young.





eight months young.



I could sit without any support at the age of Seven months. I crept at eight months. I took my first steps all alone on the date of Feb 12 1924 The first words I learned were Pappa, mamma,

Now let's begin writing down some of the funny things I said later on. Kle! Kle! Ke! for Kitty, Kitty, Kitty. Hot Dog! at age of ten months.

Bye! Bye! Jack! just as plain. Kitty!

whats that
what is that
Toddler for fly.

Calls Uncle Kissie, Kiki at age of 20 months. Calls his daddy "Jack" his Grandma "Damma" his Granddad "Papa", his Aunt Agnes Clara & Mary "Aggie" "Kara" "Mary".
Uncle Kissie "Kiki".



I've never really found out yet
Whether brown heart's-ease or violet
Gave these bright eyes to your little tot.
~Or was it the sweet forget-me-not?

I drank my dew in little sips
From wild rose petals: they gave me lips.
Some dew spilled over into my eyes,
And I'm saving it up for future cries.

I wonder what wonderful beautiful flower
Gave me my fingers? I think by the hour.
~But my soft little comical playful toes
Are pussy willows, I suppose.

Of course I laugh at "tick-tick, tick-tock",
For it makes me think of my four-o'clock.
She loved to hold her wee watch to my ear,
In the Sleepsin Garden, for me to hear.

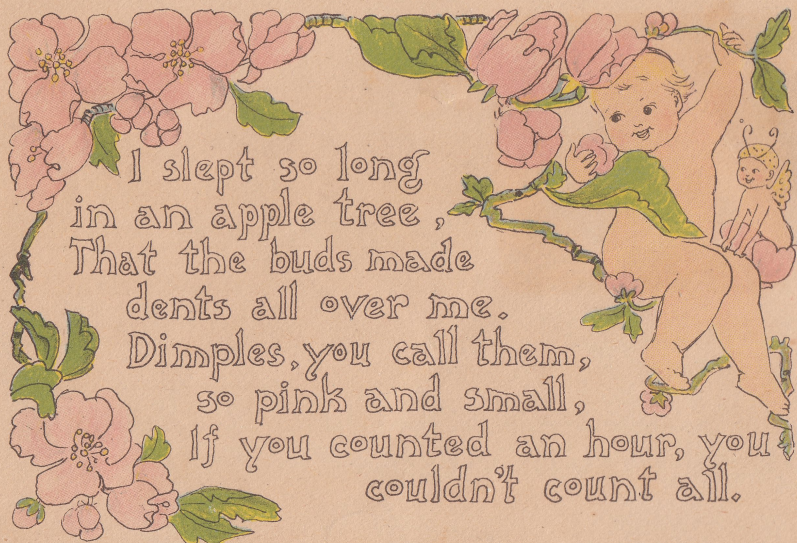


Jackie received his first penny
from Policeman Pedersen 1818
winning it on Election Day 1924
at a age of 22 months.



eight
months
young.





I slept so long
in an apple tree,
That the buds made
dents all over me.
Dimples, you call them,
so pink and small,
If you counted an hour, you
couldn't count all.

One day, laughing, I hid my head
In lily-of-the-valley's bed.
She whispered, "Not a toothie yet!
I'll have to blossom for the pet!"

And once I woke from a pansy nap,
And put on a bud for a thinking cap,
The sweet little thoughts that come to me,
The pansies whispered
them, you see.

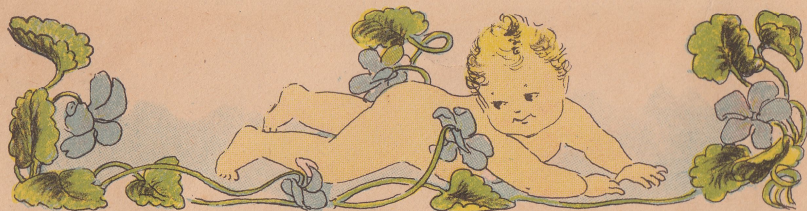


On the day of Aug.
the thirteenth my
first tiny baby tooth,
looking just like a
lily-of-the-valley
petal, peeped through. Then teeth
kept right on coming, till, at the
age of _____ I had all twenty.

More Pictures



Five months young.



The poppy taught me how to sleep,
The violet taught me how to creep.
The stately lily took my hand,
And breathed, "Come, darling, try to stand!"

But none of the flowers knew how to walk,
And none of them could really talk.
And I longed so much for parents dear,
God gave me a soul and sent me here.



First time folks
saw me studying my
hands I was only
7 months old. I could
wave by-by when I
was nine old, and play peek-
a-boo when I was _____ old.
Here are outlines of my little hand
when I grew older.





Hang my stocking,
mother mine!
Let the little can-
dles shine!

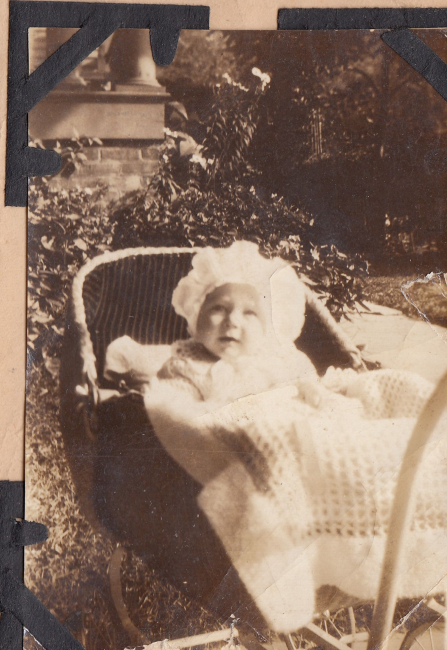
Hear the happy laughter ring!
All the world is Christmasing.
Who gave the earth this happy day?
Just a little Babe like me.
Hang my stocking, mother mine,
Let the little candles shine.

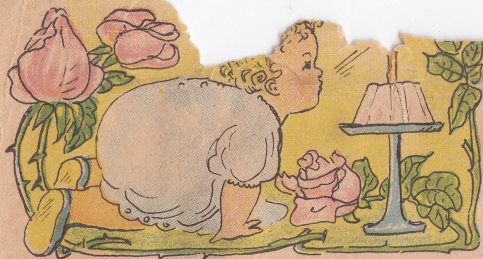
A pussy cat from Grand Daddy
A Rocking horse from Grand Dad's
mother

A box of blocks from Aunt Alma
A Roly Poly from Aunt Mary
A tinkee toy from Uncle Kessie
A pair of stockings, rubber pants
rubber bib and a little pair of
silk garters from Aunt Agnes
A Slockinette Dollie from Aunt Clara
A celluloid clown from Uncle Hans



Seven
months
young.

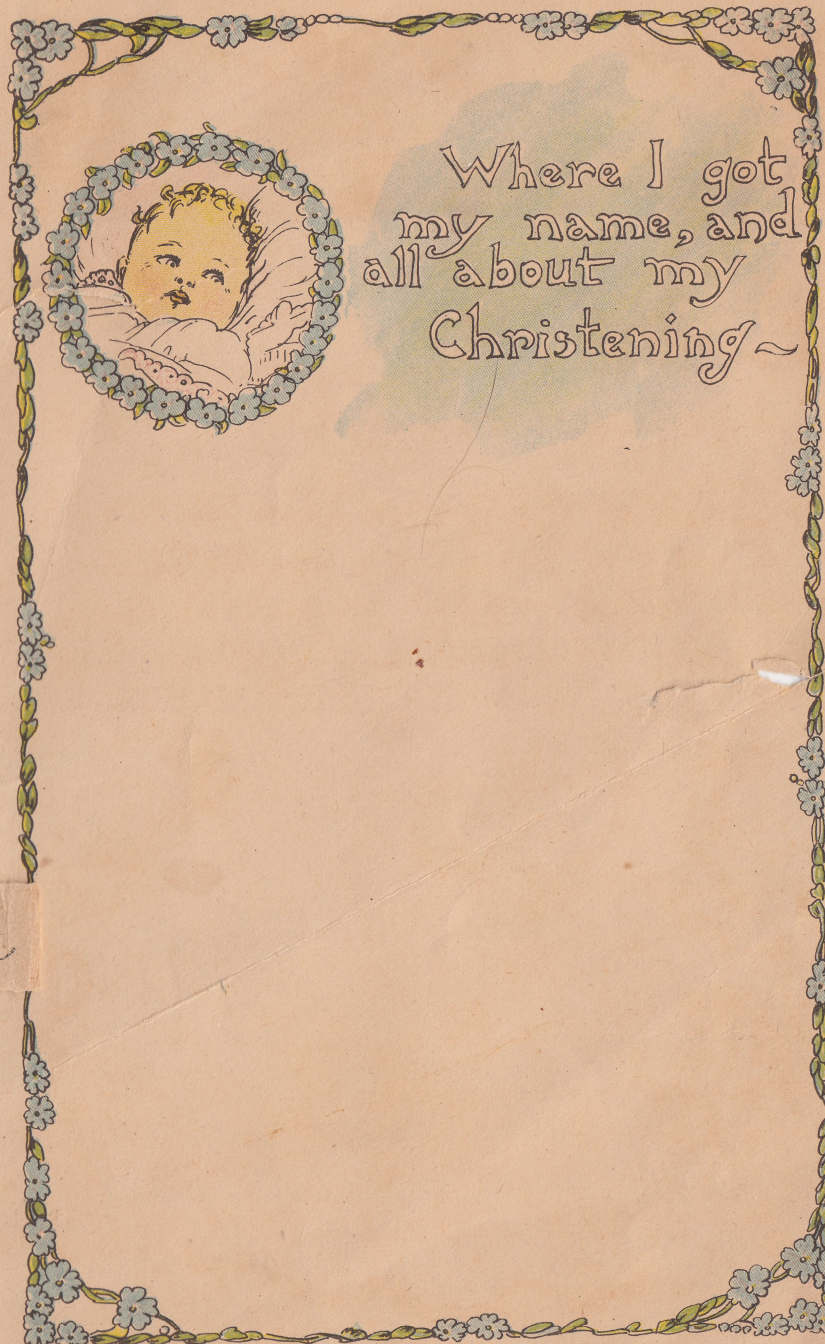




My Birthday

Jackies Grandpa & Grandma
Uncle Kissie & Victor, Auntie
Alma, Agnes Clara & Mary
Cousin Edward came over
Tuesday for chicken supper
in honor of Jackies Birthday.
The party lasted until ten
o'clock & Daddy had to go
until twelve, so he missed
all the fun. Here are the gifts
he received.

- 1 Dollar - Uncle Vic & Aunt Alma
- 2 Dollars - Grandpa & Grandma
- Quite little Rompers - Aunt Agnes
- Rubber ball - Aunt Mary
- Trer. alls - Aunt Olya
- Rubber ball - Aunt Mary
- Rubber ball - Grandpa P.
- Celluloid Duck - Grandma P.
- Bank - Aunt Eda



Where I got
my name, and
all about my
Christening -



Lemon-tips "Limited"
are made out of
lemons! says Jackie at age
of $3\frac{1}{2}$ yrs. Calls Linen
Closet "Lemon closet"

In the summer of 1926 Jackie boy
picked dandelions and brought in
to his mother for mother's day, ran
out again and picked some more
brought them in for his grandma
and, "These are for your day grandma!
Whenever I wanted to put him to
bed he would run to his grandma &
say "I need to be rocked a little while
first, cause I don't feel good!"
Got his first B. V. D's the same
summer and insisted on calling
them his "Baby days".



Ten
months
young





'Twas surely good business
to give me this book.
We'll keep it forever; and
oft take a look
At the names of the givers,
the friends of wee folk.
And we'll help them to prosper
and grow like the oak.
And they'll help us to prosper,
my family and I—
For now we will know how
to save and to buy!

Jackie walked when he was one
year & one week old.
Jackie received his first
penny



I learned this when I was _____ old.

Now I lay me down to sleep,
I pray the Lord my soul to keep.
God bless my mother and father dear,
And, Heavenly Father, draw me near,
And bless me now, and let me wake,
A good little child, for Jesus' sake.
—Amen.

Other Forget-me-nots.

Jackie could say
Little Miss Muffet
Jack & Jill, every
word by heart at
age of 23 months.



"How I shall miss you
when you are grown."

What the poet sang every mother's heart has felt. Baby's photograph taken now and then will preserve the image and memory of baby days for all time.



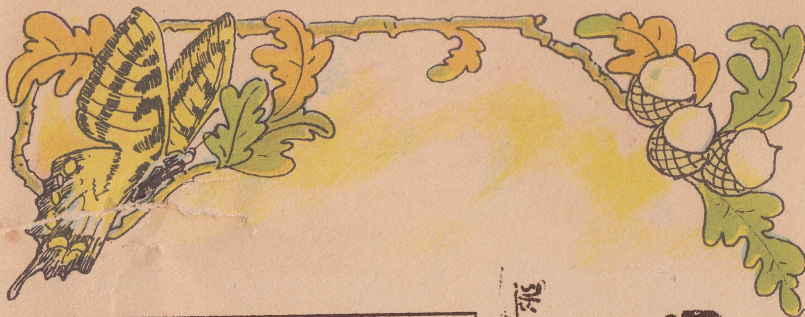
An extra photograph given free of charge for the Baby Book

Bring the Children to

The G. A. MALME Studio
Wisconsin and 17th St. RACINE, WIS.

For appointments phone 477





"Say, Dad, What About My College Education?"

Your youngster is probably too young to ask that question now. And there is always the possibility that you will not live until your child reaches college age.

But the money will be forthcoming when needed, whether you do or not, if while the child is still young, you will systematically plan for the completion of its college education.

A convenient, economical, practical arrangement has been worked out by The Equitable Life Assurance Society in conjunction with its Educational Fund Agreement.

Let us explain the conditions of this plan to you.



ARTHUR E. BLACK THOMAS W. LESLIE
Insurance Counselors

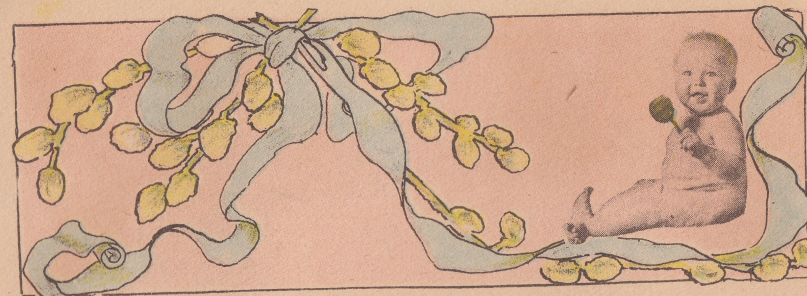
REPRESENTING

THE EQUITABLE LIFE ASSURANCE SOCIETY
OF THE UNITED STATES

210 Baker Block

RACINE, WISCONSIN

Telephone 4705



THE A, B, C, OF BABY'S HEALTH

Bowel Movement. See that the bowels move every day. Never let a day pass without a good movement.

Water. Give the baby plenty of warm boiled water to drink.

Air. Give the baby pure air day and night. Avoid dust, drafts, overheated rooms, crowds and unnecessary contact with colds and other germ diseases. The belief that children should have measles, whooping-cough, etc., "early, and get done with them" is wrong. The after-effects of these diseases often keep children weak for many years.

Cleanliness. Bathe the baby daily, and keep it in clean, dry clothing. Let everything that goes into its mouth be absolutely clean.

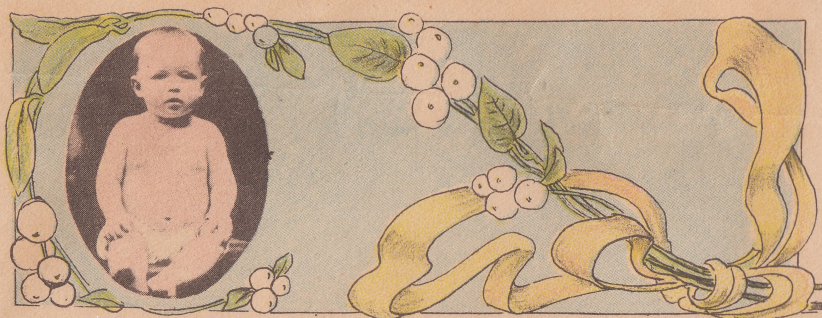
Warmth. Keep the baby's hands and feet warm, and its bowels warmly protected with wool. Try relieving pain with a hot water bottle and a few swallows of warm water.

As to Medicine. No mother would quiet her child with a blow on the head, nor should she stun her baby with the opium and morphine of soothing syrups. Many babies have been killed by medicine given to stop a fretful cry. Any medicine that promises to quiet a baby or put it to sleep should be shunned like poison. Castor oil and milk of magnesia, intelligently used, are valuable home medicines. Give nothing else without consulting your doctor.

Rest. All young infants are extremely nervous, so avoid exciting them, playing with them, or handling them too much. Do not trot, shake or bounce the baby. Do not start the bad habit of walking the floor. Baby's bones are soft for a long time, and even holding the baby habitually may cause spinal curvature. A little handling and petting rests the baby, but most of the time young infants should lie quietly in bed till strong enough to sit alone and play.

Food. Feed regularly by the clock, not by impulse. Healthy mothers should endeavor to nurse their babies, because good breast milk is the best and safest food. If artificial food is required, let it be fresh cow's milk, properly modified.

Love. Love is the sunshine of the baby's mind, and it is the



mother's loving talk which guides the little one in its marvelous mental unfolding. Discord, impatience, and needless corrections shock and stunt the baby intellect. Talk to the baby. But don't talk baby-talk. Repeat the same words happily, musically, correctly, day after day, and give those words you want it specially to learn a little tune or inflection, for babies learn intonation before they learn syllables. Never hurry the baby mentally. Never set it intellectual tasks. Never perplex it with too much entertainment, too many toys. Keep its mental life serene, but satisfied, and its body healthy. Intelligence and mother-love are equally needed for this double task.

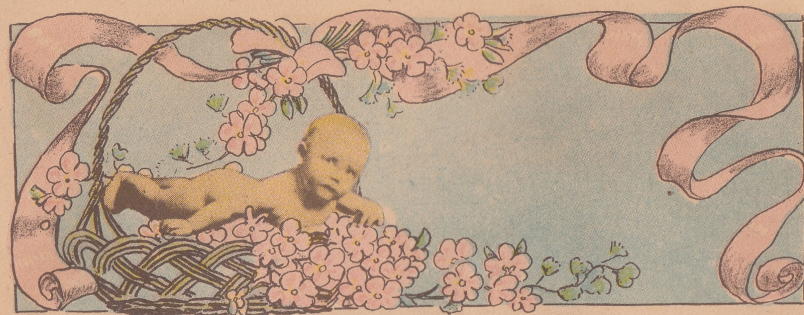
COMFORTABLE CLOTHING

Clothing should never irritate the baby. It should be loose, smooth, soft, clean and dry. The first band, of unhemmed flannel, 6 to 8 inches wide, and 18 inches long, should be only comfortably snug, and fastened with stitches or tape, not pinned. All-wool shrinks more and grows harsher than mixtures of silk and wool, linen and wool, or cotton and wool. Especially in steam-heated apartments, babies often thrive better with no wool at all next to the skin, except the band. Extra warmth may be gained by outer garments as necessary.

However, young infants must be kept warm all the time. Feel the body occasionally. If the skin is moist, baby is too warm, and too much warmth in time makes the infant weak, languid, and susceptible to colds and prickly heat. If hands and feet are cold, and the mouth blue, baby needs warmer clothing. Warmth, especially the wearing of warm wool stockings day and night, may be all that is required to overcome habitual colic.

At three months, the snug band should be changed to the knitted woolen band with comfortable shoulder straps. This should be worn till the baby is through teething, as the warmth over the bowels helps prevent diarrhoea. On hot summer days, dress the baby in the woolen band, the diaper, and a thin slip—nothing more.

Cleanliness and comfort are more important than fine laces to the baby. Soft white crepe is pretty for slips and petticoats, is easily washed, and requires no ironing. No starch should be used in any garment. Starched bonnet strings or stiff lace at neck or wrists irri-



tate the baby, and may start eczema. Bonnets tied too tight interfere with circulation, and may cause frostbitten cheeks or noses.

Improperly washed diapers may cause skin trouble. Soiled diapers should be well rinsed immediately, then left in clear water till they can be washed and boiled. Use good soap, rinse in two or three waters without bluing, dry if possible in the sun, and fold without ironing. Diapers should be changed as soon as wet during daytime, and when baby is nursed at night.

BABY'S BATH

After the cord drops off, the healthy baby should be given a tub bath daily till at least two years old. Do not omit bath except by doctor's orders, as the health of the skin depends first on keeping it clean.

Keep baby's little tub scrupulously clean. Use it for nothing except the baby's bath. Sore eyes start often from germs and dirt when baby's tub is used by other members of the family, or for soiled clothes. Never use a sponge, which readily harbors germs. Use cheese-cloth or soft old white wash-rags that can be boiled. Save soft old towels for the baby's exclusive use, and have them clean every day.

Wait till at least an hour after feeding to bathe baby. Usually the most convenient time is in the morning, after baby's passage. Do not have the room so hot that the baby perspires, as this may result in catching cold afterwards. About 72 degrees F. is right. Avoid drafts. Give the bath quickly; avoid delays; everything you should be close at hand before commencing.

When all is ready, test the water with a bath thermometer. Till baby is three months old, it should be 100 degrees F., then gradually lower it to 85 degrees. Older children grow used to cool baths and insist on them, and they harden the system wonderfully against taking cold.

If you have not a bath thermometer, test the water with your bare elbow. It should feel neither hot nor cold. Babies have been burned by hot water, shocked by cold water, and made to fear the bath by lack of proper testing. Never add hot water while baby is in



Six months

"Say it with Flowers"



Remember baby's birthday with Flowers. Add a note of interest to the bouquet or the basket by attaching with ribbons a rattle or a tiny baby doll and you'll know that the little one's "Goo Goo" means, "I thank you very much."

The Rosery Flower Shop

C. A. FANCHER, Prop.

Phone 184

1638 Washington Ave.

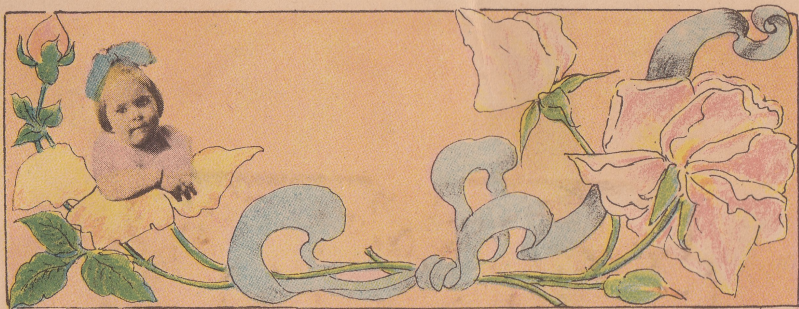


This Valentine's from me to you
As you can plainly see
Oh! wouldn't I be glad to get
One sent from you

Mabe

to me

Jack



Have everything connected with baby's feedings absolutely clean. Unless there is a general condition of the system to be cured, the average case will yield in a week.

If baby refuses the bottle because of the pain of sucking, make the hole in the nipple larger.

AIRINGS

Sunshine purifies the air, and is as necessary to children as to plants. Rooms used for the baby day or night should be the sunniest in the house. Rooms flooded with sunshine most of the day are the most healthful to sleep in at night. Children deprived of sunshine grow up like pale, weak, cellar plants. They succumb readily to bad air diseases—pneumonia, bronchitis, etc., and the death rate among children in poorly ventilated homes is 40 per cent higher from all diseases than it is among children who receive the same care in other respects, but are strengthened by plenty of fresh air.

The baby's bedroom should have two windows, if possible, placed opposite for perfect ventilation. From birth these should be open at night, unless the weather is very cold, windy or raw. Avoid drafts by placing baby's bed in a corner, by using screens, by lowering windows from top, or by "ventilators" of glass or canvas at the bottom of the window to throw the current of air upward. Till baby is a month old the room temperature should be 65 to 70 by day and 60 degrees by night, then it may be gradually lowered at night. If it is necessary to keep the room heated at night, open all windows for thorough ventilation during the day. It is more injurious to the baby to bathe its lungs in foul air than to bathe its body in foul water.

From birth to six months the baby sleeps 16 to 20 hours out of the 24, and it is quite easy usually to see to it that the air is pure while baby sleeps. The mother's reward will be rosier cheeks, better health, better digestion, and a sweeter disposition than her baby could otherwise attain.

Baby should begin taking daytime naps outdoors in summer when three weeks old, though in cold winters three months is a better age to begin. In bad weather give baby the benefits of being outdoors by dressing as for an outing, then opening all windows of a room and letting it sleep, protected from wind and dampness.



the one you always dreamed of—you'll find it here, for we have a magnificent line of Strollers and Sulkies and you're sure to find in furniture you may need for the home of "Baby."

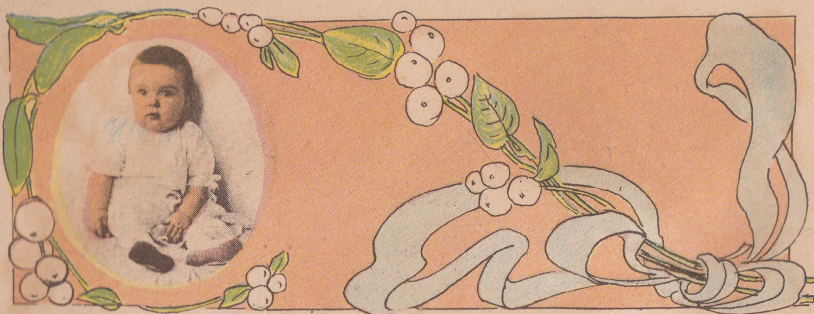
Everything for Baby
Prices to
Every Pur-



238-240

one 286

To my Sweetheart



Babies accustomed to cold air and cool baths are hardened against taking cold, but if a severe cold should develop, do not chill the lungs by cold out-of-doors sleeping till baby is well. Maintain a comfortable temperature indoors, but *ventilate thoroughly*.

A screened porch is a godsend, because it enables the baby to live out of doors practically all the time. If not available, protect baby from dangerous insects by arranging a tent of mosquito net over crib or carriage in summer. Never allow the net to lie on baby's face. Protect baby against winds and strong sunlight. Never let it run the risk of injuring its eyes by staring straight up at the sky, whether clear or cloudy.

During summer heat, take baby out mornings and evenings, but keep indoors afternoons if it is cooler indoors at that time.

Night air, contrary to the old belief, is not injurious, and if there is a sleeping porch for warm weather, so much the better for the baby.

COLDS

Too many mothers regard a cold as something that will take care of itself. It should be checked in the beginning. If there is the least constipation or bowel disorder, give a physic, 1 teaspoonful or more of castor oil if the stool is greenish, 1 to 2 teaspoonfuls of milk of magnesia if the stool is a proper yellow, but hard or insufficient.

If the baby's nose is stopped up, place the baby on its back with head hanging over your lap, and from a medicine dropper or teaspoon drop warm sweet oil (not more than 5 drops) into each nostril. Keep the child in this position till the oil is breathed well up into the head. For very young infants, it may be sufficient to warm pure vaseline or sweet oil, and swab the nostril gently inside with absorbent cotton wrapped carefully about a toothpick.

For a cold on the lungs, unless very mild, a physician should be consulted. During cold weather, or if croup is feared, keep the lungs well protected. Between the wool shirt and the baby's bosom put a generous thickness of absorbent cotton. The cotton serves the double purpose of protecting the lungs and absorbing dampness. Change morning and night.

If the baby is very feverish, sponge the body with tepid water, containing 1 teaspoon soda to the quart.



Jackie's third Christmas.
 Mother & Daddy - Train and tracks.
 Aunt Alma - Loop the Loop.
 Uncle Kissie - Elephant on wheels.
 Aunt Agnes - Car on ladder.
 Aunt Clara - Felix cat that walks.
 Aunt Mary - Ten-pins. Races.
 Grandma M. - Races.
 Gerald from Milwaukee - Xmas Card.
 Aunt Olga - gun & target.

Jackie's third Birthday.
 Aunt Alma - pr. of stockings.
 Mother & Daddy -
 Wheelbarrow jumping funny, & dancing Mammy.
 Grandpa - Big Ball.
 Grandma Fredersen - One dollar.
 Uncle & Jack - Two dollars.
 Mrs. F. Hanson - material for suit.
 Mr. & Mrs. F. Hanson & son Everett
 were the only ones attending Jackie's
 birthday party. Junior & Eddie had
 meados.



Never let baby sit on the floor in winter, for there are always drafts. The house should be kept warm, and at all times the baby's hands and feet must be warm.

Keep the bowels open. Often a cold will be attended by trouble in the whole digestive tract. The passages will be greenish, accompanied by some mucus. Occasionally babies will be very colicky, and some will lose appetite till the disturbances are cured.

Never kiss baby while you have a bad cold. Breathe through a veil or handkerchief to protect baby from taking your cold while nursing.

CROUP

Croup is an alarming but practically never fatal disease. It is most frequent between the sixth month and third year. Attacks are liable to occur three nights in succession, though the child in the daytime usually appears well. Toward midnight the breathing will become noisy, especially the indrawn breath. There will be a tight, hoarse, barking cough. The child may awaken terrified and struggle for breath, sweating and showing signs of great prostration. In three or four hours the attack wears away and the child falls asleep.

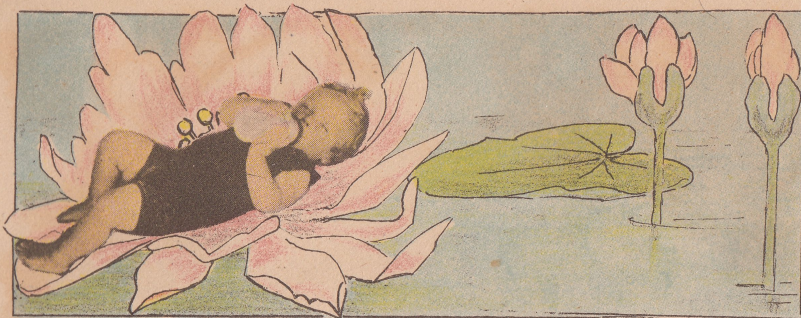
If the breathing becomes difficult, a doctor should be sent for. Ordinary cases a cool-headed mother can handle herself. Do not let the child be frightened by your agitated manner, especially when beginning to use steam, which is the best remedy. As soon as noisy breathing or the croupy cough are noticed, if possible before baby wakens, make a tent over the baby by completely covering the crib with a sheet, or by placing an open umbrella over baby's head and draping this snugly with a sheet. Now fill the tent with steam. To do this, put boiling water in a "croup kettle," keep it boiling over its alcohol lamp beneath the crib, and conduct the steam into the tent, a little distance from baby's face, through the long spout. If you have not a croup kettle, use an ordinary tea kettle the same way, adding to the length of the spout by fastening a funnel of paper or oilcloth to the spout. Allow baby to breathe steam till relieved.

Something of the same arrangement can be made with umbrella and sheet for a tent by moving baby into the kitchen, where a kettle of water is boiling. Remember, though, that steam direct from the spout



*Shirley Mae's first haircut,
Oct. 17-1926*

Reserved for Photographs



scalds like boiling water. Keep baby back where the vapor is warm, not dangerously hot. A safer way, if the house is piped with hot water, is to take baby into bath room or kitchen, warmly wrapped, close all openings, and turn on the hot water, filling tubs, etc. Keep baby in this warm moist air till breathing is normal again. In the meantime, warm the bedroom so baby will not catch cold, change to dry clothing, tuck baby in bed, then cool the bedroom gradually.

Should the child appear to be choking with croup, vomiting will relieve it. Dr. Holt advises mothers to give 10 drops syrup of ipecac every 15 minutes till free vomiting occurs. Another way is to give 1 teaspoonful hot vaseline, hot castor oil or hot goose fat; of course, not so hot as to burn the child. Vomiting usually follows as soon as the child has swallowed the dose, but if not, repeat the dose as often as necessary.

Very often cloths wrung out of warm water and applied to the child's neck will relieve croup. Be careful not to scald the tender skin.

If diphtheria exists in the neighborhood, the physician should be summoned on observing the first croupy symptom, because diphtheria of the larynx (or membranous croup) is sometimes mistakes for ordinary croup. It usually comes on more gradually than real croup, and is, of course, very dangerous.

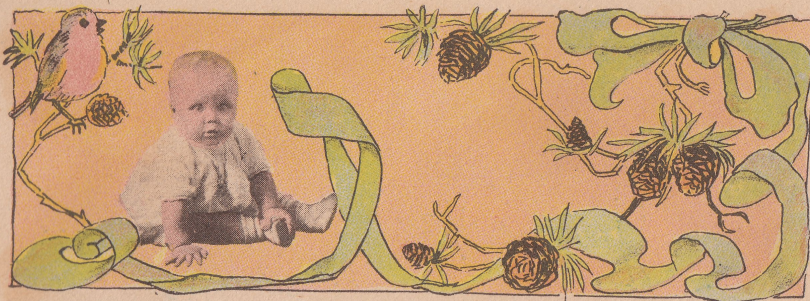
Except for two or three days following the attack of croup, keep croupy children outdoors as much as possible. Harden by bathing neck and chest daily with cold water. Keep feet dry. Have child examined for adenoids and enlarged tonsils. Unless weather is unusually cold or raw, keep bedroom windows always open. Keep the bowels open, and give castor oil after an attack. Feed an abundance of nourishing food, but *let the supper be light*. Croupy children nearly always suffer an attack if the supper is heavy or indigestible.

COLIC

Colic is pain, caused by the pressure of gas in stomach or abdomen. The symptoms are a sharp, loud cry, soon repeated. The legs draw up, the abdomen feels tense. If the baby is prone to colic, observe the following precautions:



gifts
 Jackie's Fourth Xmas.
 Grandpa Nelson - { Aero Speedway }
 Mother & Daddy - { Biggy Andy }
 → Jennie's wheel
 Aunt Olga - Speed-boat.
 Grandma Pedersen. Indian Suit.
 Aunt Ida. Uncle Sam watch.
 Uncle Jack - Ball.
 Aunt Margaret - trick clown.
 Aunt Buster, drawing set & hankie.
 Aunt Alma, one dollar.
 Aunt Agnes, Little snow shovel
 and a funny face with sparkling eyes.



Keep the bowels open. A colicky baby should have two bowel movements daily.

Keep hands and feet warm, and the abdomen covered with a knitted wool band. Woolen stockings worn day and night are a great protection.

Do not let the baby nurse too fast or too often, or suck an empty bottle. Leave a little milk in each time, as the last always contains bubbles of air.

During an attack of colic, warm the baby's stomach with hot water bottle. Do not offer food. Instead, give the baby 4 or 5 ounces of salt water heated to 100 degrees, then lift to an upright position against your shoulder and pat its back gently till gas is belched. For abdominal colic, a warm salt enema may be necessary. Gentle massage of the bowels with warm oil may start the gas.

Colic need not alarm the mother if the baby is thriving otherwise. It is common with both breast-fed and bottle-fed babies, but usually disappears between the second and fourth month.

WEIGHT

Generally speaking, a $7\frac{1}{2}$ pound baby, normal and healthy in every way, will weigh twice as much, or about 15 pounds, by the fifth month, and three times as much, or about 22 pounds, at one year. But weight varies greatly, even among healthy babies of the same age. A baby should be weighed every week. Loss of weight is serious, and a failure to increase in a well baby usually indicates that the food should be strengthened. Do not count ounces too closely, as immediately after a feeding or bowel movement there will always be a few ounces difference. During teething, and while establishing an infant on a new food, the gain is usually slow.

Weight and development have much to do with a baby's stomach capacity and food requirements. The stomach capacity at birth is usually 2 or 3 ounces. This increases rapidly the first 3 months, but slowly the 4th, 5th and 6th months. A strong, big 4 month old baby often requires the food of a 5 or 6 months' child, both in strength and

A winter roast was enjoyed at night by the fire place, served with sandwiches and mustard.



Jackie James
celebrated his fourth birthday
at R.R. 3, Box 92.

Uncle Alfred Aunt Olga, & cousin
Jimmie, Bobbie, Billie, and
Dorothy Jane, & Mr. & Mrs.
N. Dahl came to help us
celebrate. Daddy gave Jackie
a ~~star~~ projector, his grandma
and Grandpa a Baby Mule
a Sailor officer's suit from Aunt
Olga, and a gold signet ring from
Delga.
Menu - Jackie's James Party.

Roast Veal with Parsley.

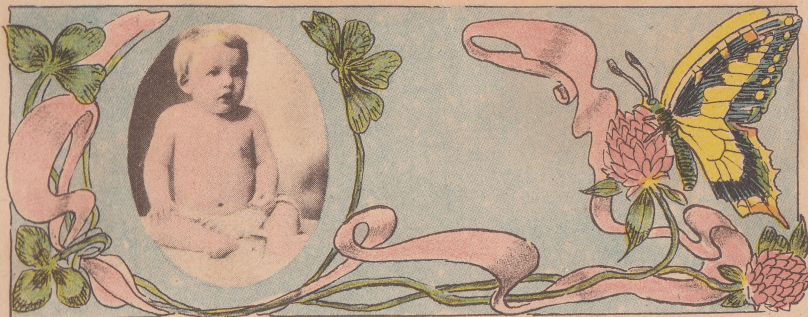
Mashed potatoes with brown gravy

Creamed Peas

Cherry Jello, & Whipped Cream.

Pickled tomatoes & cucumbers.

Dates & Nut cake, Banana cake with four
red candles on and chocolate cake & Coffee



amount. When the baby stops gaining, feed more, or increase the strength of the milk part.

TEETHING

"Drooling," which is one of the first signs of approaching dentition, frequently begins as early as the third month. Bibs should be worn, and changed as soon as damp. Absorbent cotton worn between the wool shirt and the baby's bosom (see "COLDS") helps also to protect the lungs.

The teeth are deep-seated, and the child may be teething long before teeth appear. A baby may be nervous, restless at night, peevish and feverish, as the teething jaws will ache. Often it will sleep with eyes partly open and eyeballs rolled up. Vomiting, loose bowels, skin eruptions, and loss of weight are common but very serious ailments of the teething period. Never neglect a disorder because the child is "simply teething." Instead, treat it promptly.

If there is loss of appetite, offer food regularly, but do not force the child beyond its inclination. If the urine is strong and decomposes quickly, use lime water and add a drop or two of milk of magnesia to each feeding. This small amount will not act on the bowels, but will help overcome acidity.

The average child cuts its first tooth at 7 months. Usually there are 6 teeth at 12 months, 12 teeth at 18 months, 16 teeth at 2 years, and all 20 at 2½ years. Babies differ considerably in the time and order of teething, but if the teeth do not start coming before 1 year, it is well to see a doctor, especially if the child has been slow in sitting up. It may have rickets. Any long illness is liable to delay teething.

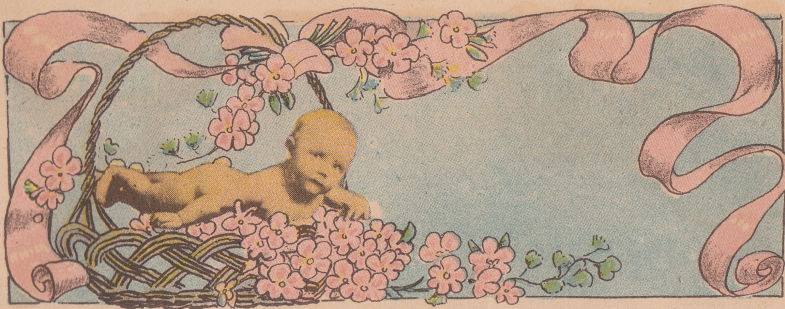
WEANING

It is highly desirable, if the mother is healthy and her milk good, to nurse the baby nine or ten months, or longer if by so doing the baby can be breast-fed through a hot summer. Most babies, however, lose rather than gain by being nursed thirteen or fourteen months, because the mother's milk by this time is usually not very nourishing. Most American mothers find great difficulty in nursing their babies for even three or four months.



Jackie James
fourth Xmas.

Grandpa Nelson }
" " Pedersen } Cat with Sparkling eyes
Grandma Nelson }
" " Pedersen } =
Auntie Erna - Wrecker automobile.
Auntie Agnes - A jumping bulldog.
Auntie Alma - One dollar.
Auntie Buster - Mother Goose book.
Cousin Buddy - Book.
Auntie Ida - Whistle - crayon & D. Book.
Auntie Mamie - Drawing Book.
Auntie Olga - " " " "
Auntie Hannah - digging machine
and staking of candy.
Auntie Stella - Scrap book.
Mother - Big Easter wagon.
Daddy - ten small toys.
Auntie Martha - Mouth Organ.
Consuelo - Five pkgs. of gum.



Weaning should be gradual, not sudden. Doctors advocate giving the baby one or two bottles daily almost from the start. This accustoms the child to the bottle, allows the mother time for needed recreation, and prepares for emergency, such as the mother's enforced absence, or sickness.

CHOOSING THE BABY'S FOOD

Fresh milk, like fresh air, gives the baby vitality and resistance to disease. Condensed and dried milk are deficient in bone-building material and protein. If used too long they are liable to develop rickets (bone starvation). If the baby fattens on preserved milk, it is likely to be on the sugar, not the protein. Most condensed milk is half sugar. The baby's flesh will feel soft and flabby instead of firm and healthy, and any chance disease will find a weak fighter in the little one whose body is not strengthened by fresh milk.

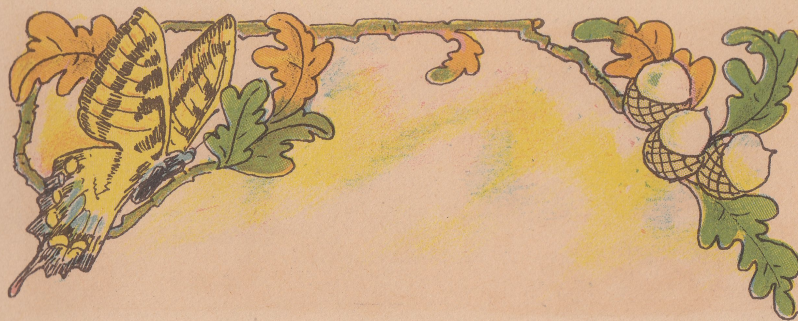
All authorities agree that the baby should have fresh milk, properly modified. It should resemble mother's milk as closely as possible in the three following points:

1st. Composition. Cow's milk is too strong for young babies. Doctors make the composition right by the careful addition of water, sugar, and extra cream. This is called plain modified milk.

2nd. Sterility. Cow's milk, unlike mother's milk, is exposed to germs in handling. Most germs are harmless, but as the harmful ones cause summer complaint or other serious disorders, if they get into the milk, many physicians agree with Dr. Leonard Keene Hirshberg that "the life of the child under two is to be saved by boiling even the best milk that can be had and the instant it is received."

3rd. Digestibility. Mother's milk is soft-curdling, and divides when it reaches the stomach into soft, fine specks or flakes. These are readily digested, because they do not have to be churned to pieces. Cow's milk is hard-curdling, and forms tough, leathery lumps, easy enough for the calf to digest, because it has four stomachs, and is capable at an early age of digesting harsh, rough food like hay.

The infant's stomach, on the contrary, cannot churn up tough curds. It is scarcely more at first than an enlarged portion of the





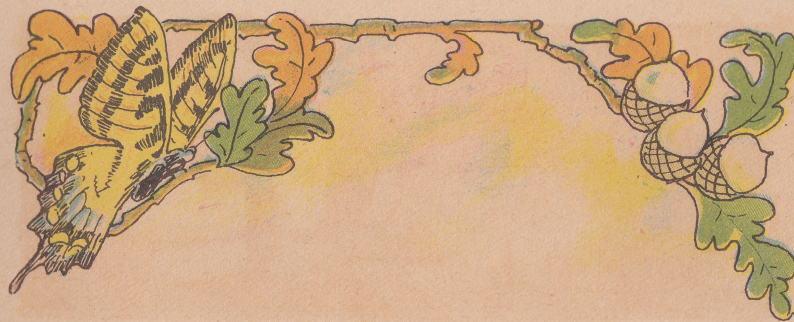
gullet. Vomiting takes place with extreme ease. So when the curds of cow's milk begin to distress the baby, the stomach vomits them up. Or the curds may pass undigested through the intestines, and appear as white particles in the stools. In either case the baby is being robbed of a valuable portion of the milk, the body-building protein.

Plain milk should really be considered a solid food, and should not be given to a baby until it is old enough to digest solid foods. Even though a younger baby may appear able to digest plain milk, it usually shows, by crossness and slow gain, that the food is not suitable. A well-nourished, rested baby is happy, but a tired baby is cross. Mothers seldom understand that a baby may be rested in arms and legs, but mortally tired in the poor little overworked stomach. Long continued struggle with stubborn curds will exhaust and wear out the digestive organs, and result finally in serious weakness, if not positive illness.

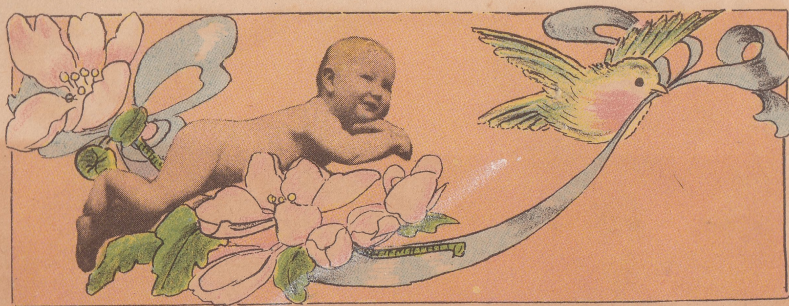
Something should therefore be done to make the curds softer, smaller and more like those of mother's milk. Diluting with water, as in plain modified milk, has almost no effect on the hardness of the curds. Boiling the milk has the effect of making the curds smaller. Lime water softens the curds somewhat. Barley, oatmeal, or any of the cereal milk modifiers have a good effect in making the curds both finer and smaller, and are employed by physicians for this purpose. The most valuable cereal to the baby is whole wheat.

WHOLE WHEAT NOURISHES THE BONES

As a bone building cereal, doctors consider whole wheat the best, because its bran contains almost every one of the mineral salts found in the human body. At no time is nourishment for the bones more needed than during infancy and early childhood, when the skeleton is enlarging and hardening, and the teeth forming. Rickets and spinal curvature result when the bones remain soft and undernourished too long. If the first teeth rot, or the second teeth show early decay, it means that the child has been deprived of proper food for the teeth and bones. In pioneer times teeth frequently remained perfect a lifetime, and this was doubtless because the children were given fresh milk and whole wheat bread, rich with bran. The wise mother will build up her children's bones by a wholesome natural diet of food rich in



Reserved for Photographs



the mineral salts and vitamins. As soon as the baby goes on the bottle is not too early to think of this highly important point.

Consult your physician if you are in the least doubt about what food to give the baby. Many a healthy, happy breast-fed baby has become puny and miserable because the mother did not take pains at first to find out if the first bottle food had anything more to recommend it than that it was "no trouble to prepare." If the baby has good fresh milk, properly prepared, it stands every chance of keeping strong and vigorous after it is necessary to wean from the breast.

WHAT IS GOOD MILK?

Of course, the baby should have the best milk obtainable, for nothing the mother can do will make poor milk rich, or dirty milk clean.

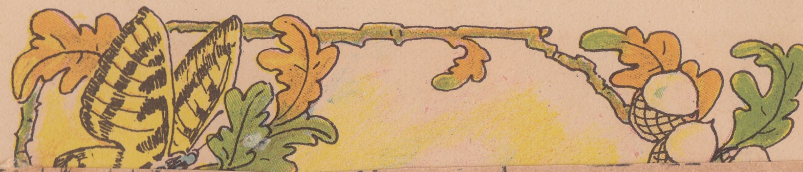
To be good, dairy milk must reach you soon after milking, in sealed bottles, from healthy cows and a clean sanitary dairy. Every one who handles the milk must be clean and healthy.

"Certified" milk, or any other special milk sold raw in a city, must be produced under these or similar circumstances, and must reach a definite standard of purity, set by the local milk commission or city health department.

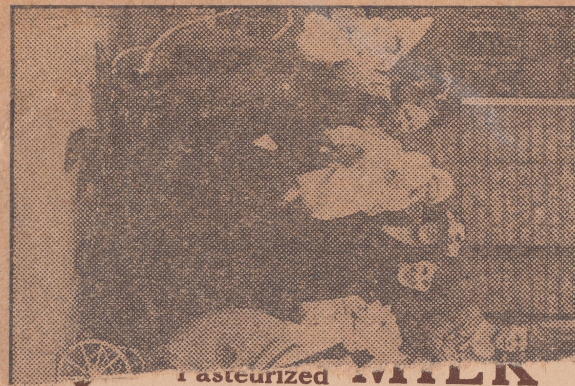
"Pasteurized" milk is milk subjected to low heat to kill germs. To meet requirements, this also must be fresh, clean milk.

The mother may use any city milk with confidence if it comes from a high-class dairy, with modern sanitary equipment, and with a reputation for carefulness. The Milk Inspector will be able to give the mother the standing of any dairy in question. Never buy from an inferior dairy. Never buy "dipped" milk from a can—buy in sealed bottles. Herd milk is better for your baby than the milk of a single cow, because it varies less from day to day. Never allow your bottle of milk to stand forgotten in the sunshine. Remember the three C's for the care of milk: Keep milk **CLEAN, COLD and COVERED.**

If you have bought good milk, and it disagrees with your baby, try removing a little cream, as it may be too rich.



BABIES FLOCK Some Were Under



Pasteurized MILK

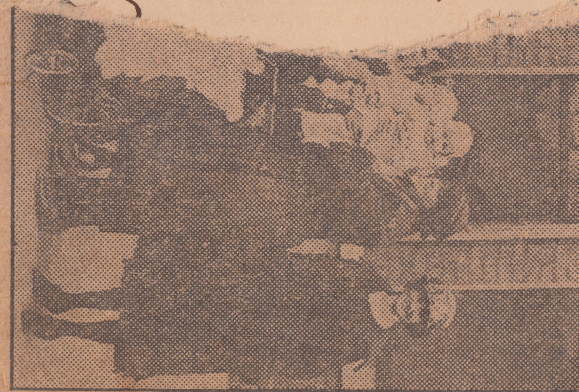
"The Ideal Milk for the Baby"

Baby's development is your supreme thought—you want a strong, healthy child. Proper nourishment will develop these qualities. Milk is Nature's own food and contains all the elements necessary in tissue and bone building—that's why it should be the growing child's chief diet. Give them plenty of it, but—be sure of its purity—and be sure it's pasteurized.

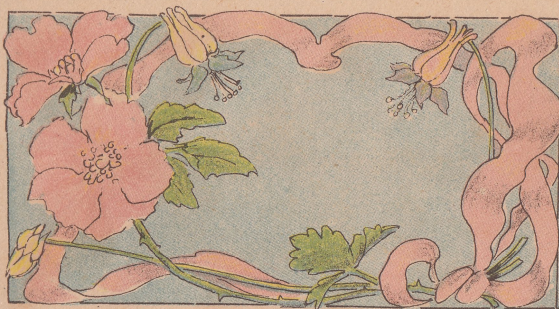
Strict methods, the best apparatus and perfect pasteurization enables us to give you the best milk for your family.



res taken, together with their more than a score of little ones



MOOSE TEMPLE Get in Photograph



SOUR MILK

If you have reason to suspect that baby has been given any sour milk, give castor oil immediately, according to the directions under *Summer Complaint*; then call a physician. The effects of sour milk do not generally manifest themselves till the third day, when they may be beyond the mother's power to handle, as the acid in the milk causes intestinal irritation very difficult to heal. Read "*Care of the Milk*" more than once, and keep the closest watch over the baby's milk, so that the least taint can be detected before it is too late.

CARE OF THE MILK

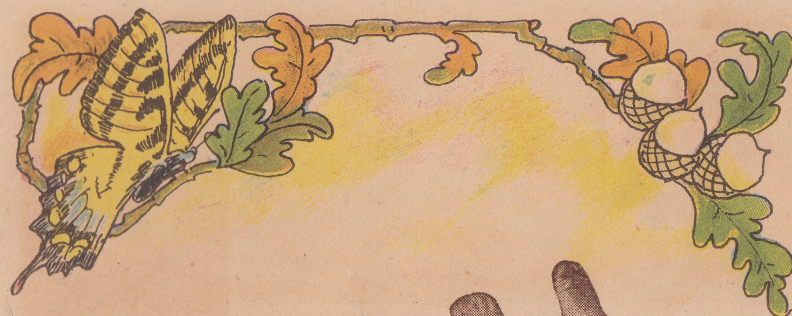
It is amazing how few women understand the care of milk. It is not enough to buy the best milk obtainable. The mother by her intelligence in handling it must keep it good.

Breast milk never touches the air, and is practically sterile when it enters the baby's system. Cow's milk gathers innumerable germs from the air in passing from the cow's bag to the bucket. Many of these germs are harmless, but it is the multiplication of germs which causes milk to sour. They multiply slowly in cold milk, very rapidly in luke-warm milk, while in hot milk they are killed.

The method used in preparing the whole wheat milk modifier makes the milk safe from those germs which cause the great majority of infant deaths in summer time, and yet the milk is not overcooked.

The mother should cool the milk *rapidly* and keep it covered at all times from the particles of dust that are always adrift in the air. The mother should remember that luke-warm temperature is the dangerous temperature for milk, and she should *keep the milk cold* till it is time to warm for a feeding. Then *heat it quickly*. Heat retaining bottles and all other devices, patent or otherwise, for keeping milk warm between feedings are extremely dangerous to use. Laziness about getting up at night to heat the bottle may cost your baby's health.

Electric heaters, made especially for heating milk, are excellent for night use and for traveling.



Safety First With Babies

The death rate among babies is appalling. The facts are, that the death rate among soldiers in the army is much less, than the death rate of babies at home. In the army, the death rate is a little over 2 soldiers out of every 100. At home more than 14 babies, out of every 100 die, the first year of life. Every 7th baby dies.

In the United States more than 350,000 babies die yearly under one year of age. Why? Because of parental ignorance, improper feeding and mis-management. Baby mortality should be less, than the mortality of grown-ups, because nature safeguards the baby from the common ills, which occur later on in childhood.

The Hygeia Nursing Bottle is a baby saver, because it is simple in construction, easy to clean, and natural in design. No trouble to wean baby.

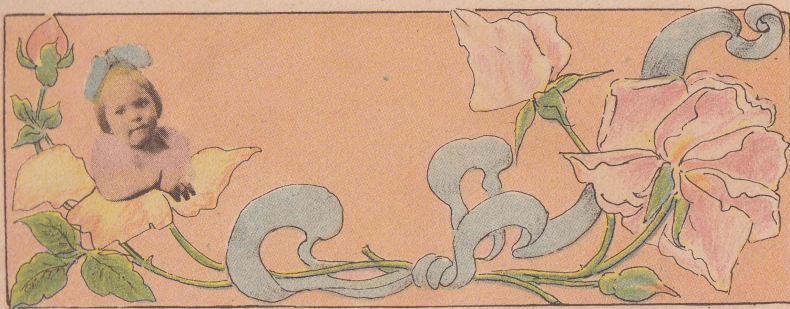
Do not be deceived, when you buy a Hygeia Nursing Bottle. The name **HYGEIA** appears on the breast, also, on the food-cell.

Do not risk your baby on nursing bottles, that are difficult to clean. Hygeia is the safest, cleanest and best.

Manufactured by The Hygeia Nursing Bottle Co., 1206 Main St., Buffalo, N. Y.

Come to us with all your troubles in feeding baby. We can help you.





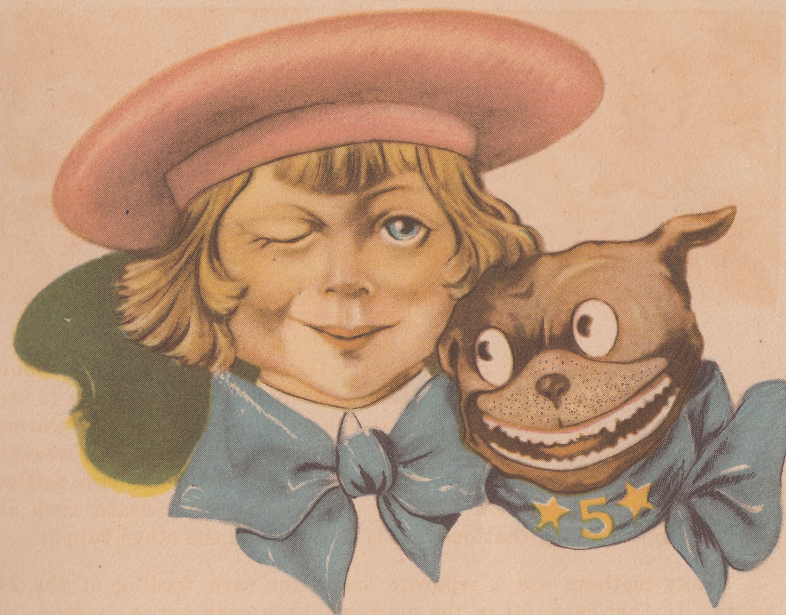
An alcohol stove is convenient, or a large lamp with a round burner, if gas is not available. Heat milk quickly. If you taste to see that it is not sour, *don't taste by sucking the nipple*. Disease germs harmless to yourself may exist in your mouth; the baby has weaker resistance and may succumb. When feeding twins, have two bottles and nipples and keep them separate. Otherwise any disease, such as sore mouth, cold, etc., that one has is conveyed to the other baby.

Many mothers use a separate bottle for each feeding of the 24 hours. In that case, fill in the morning, keep each bottle covered till time to use, then heat by plunging in hot (not boiling) water. Feedings should be 98 to 100 degrees. Test milk by thermometer or by laying bottle against cheek. For picnics, etc., pack the bottles snugly in ice and damp cloths in a covered bucket.

To sum up, danger increases always with the age of the milk, with temperature, and with exposure to contamination. The three great sources of contamination are dust, dirt and flies. Be clean and careful, and try to have milk touch nothing that has not been made sterile by boiling. Get fresh milk every day. If it is *absolutely necessary* to use milk you have had for more than 24 hours, it is safer to boil it again.

CARE OF BOTTLES, NIPPLES, ETC.

Have new, uncracked vessels, and if possible use them only for baby's food. Sterilize (boil or scald) the bottles and *everything* the milk touches once each day to kill germs. To sterilize, boil five minutes, with borax or soda in the water. Nipples soften with too much boiling, so drop for only half a minute in the boiling water. *Never use a nipple with a long tube*. Any style of nursing bottle may be used. Clean bottle and nipple inside and out *as soon as used*, then submerge till the next feeding time in a deep dish of cold boiled water containing 1 teaspoonful of soda or borax to the quart.



Be Sure Your Child Wears the Right Shoes

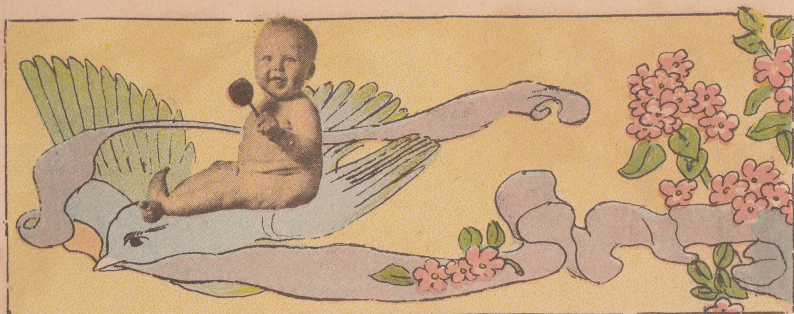
WHILE the bones of the feet are soft and the tissues tender, they will be formed and fashioned exactly by the shoes that encase them day after day. Improper shoes that children wear cause corns, callouses, bend the bones, twist the toes, bring on broken arches and flat feet. Guard your boy or girl against these evils by having them wear

BUSTER BROWN SHOES

For Boys—For Girls

Write for free booklet entitled **TRAINING THE GROWING FOOT**, which explains in detail just why "Buster Brown Shoes" should be worn by the boy or girl.

Manufactured by **BROWN SHOE COMPANY**, St. Louis, U. S. A., and sold in leading shoe departments everywhere.



DIARRHOEA: SUMMER COMPLAINT

In diarrhoea there are often symptoms of pain like those of colic, but the bowels are very loose. There may be four passages a day, or they may run over a dozen. After the first stools the color will be green and odor foul. The child is restless, there will be fever, and in severe cases, vomiting. Unless the mother is able to check the *first symptoms* promptly she should call a doctor, as diarrhoeal diseases carry off many babies.

Just as soon as the mother notices a slight diarrhoea, she should at once give castor oil—a big teaspoonful if the infant is under six months, one and a half or two teaspoonfuls if older. Many mothers may be amazed at the amount suggested, but doses of this size gripe less than smaller amounts, and *it is absolutely necessary to get what is causing the trouble out of the system.* The big dose will cleanse the stomach and bowels alike, while the small dose will only move the bowels. Do not give oil just before feeding time. If the baby vomits the big dose, give $\frac{1}{2}$ teaspoonful each hour till baby has taken the amount you intended to give at first.

The next step is to give an injection of boiled water with 2 teaspoonfuls of salt added to the quart. Heat to 98 degrees (body heat) or 100 degrees, and warm the syringe with hot water first so it will not be chilled.

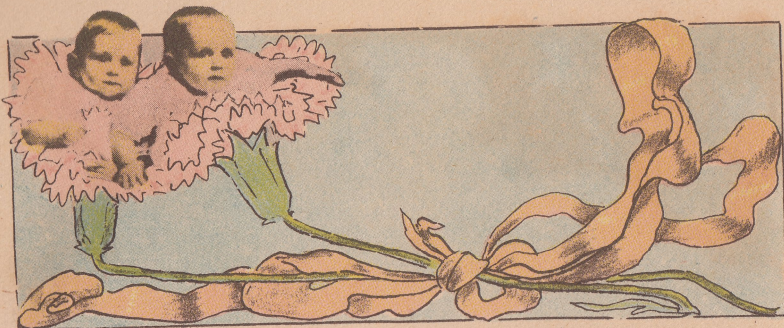
You must remember that if the bowels are moving frequently, there will always be undigested food in the stools, as nothing is retained long enough to be completely digested.

The baby should be kept as quiet as possible during the attack, as much handling of the infant aggravates the disorder.

The average mother will be tempted to resort to some dose containing opium, but nothing more injurious could be done; the irritant instead of being expelled will be retained in the drugged bowels to continue its work of destruction.

The physician may give something to heal or check diarrhoea, but this will come *after* the castor oil has had its effect.





Orange juice is excellent for babies, but it should be given with care during the summer months, as it is a laxative and sometimes starts diarrhoea. Most careful attention must be given to the milk and drinking water during diarrhoea.

The whole wheat milk modifier gives prompt success in diarrhoea, yellow stools almost always appearing in 24 hours.

Baby's appetite for a time will be fitful. But it should not be forced. If it seems to fail for several days, simply weaken the food, offer regularly, and *wait for nature*.

Diarrhoea sometimes comes from a cold settling in the baby's abdomen. It is always safer, especially if the child is thin, to protect the bowels with woolen bands, supported comfortably by shoulder straps, till after the teething period.

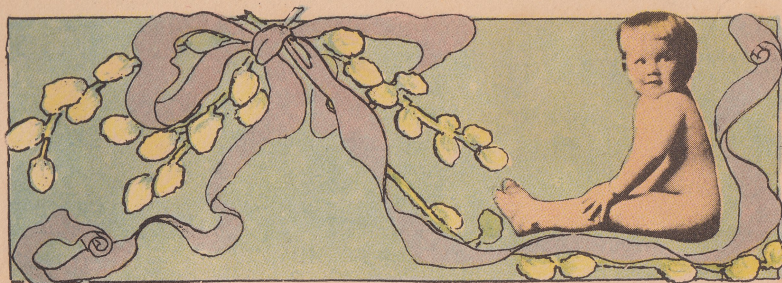
VOMITING

Vomiting immediately after feeding usually indicates that the baby has taken too much; if later, indigestion is indicated. However, all young infants spit up small portions of their food without its meaning anything more serious than a little gas or pressure on the stomach. As soon as advisable, use thin knitted bands that will yield.

Habitual vomiting, brought about by indigestion, is very obstinate, as we must deal with both disease and habit. It takes time to bring the sick stomach to its normal condition. A child that has been vomiting only a month is easier to cure than a child that has been vomiting longer, and the older the child, the harder the disorder is to overcome. No mother could reasonably expect the worn-out, irritated, and diseased stomach to recover instantly when it is at last offered the food it needs. In this disease the whole wheat milk modifier gives specially fine results.

Although baby may continue the *habit* of vomiting for a time after this food is begun, what is kept down is so easy to assimilate that nature is helped from the first feedings. Vitality is gained by the stomach in spite of vomiting, which soon becomes less serious in character and finally ceases.





CONSTIPATION

Constipation is many times simply a habit. Be sure the food is suitable to the baby's age and needs, then encourage the bowels to be come regular as follows:

- a. Teach bowels to evacuate at a regular time each day.
- b. Give even very young babies boiled water to drink—say 8 teaspoonfulls in the morning, more during day.
- c. Give fruit juice.
- d. Give milk of magnesia.
- e. Give plenty of food.

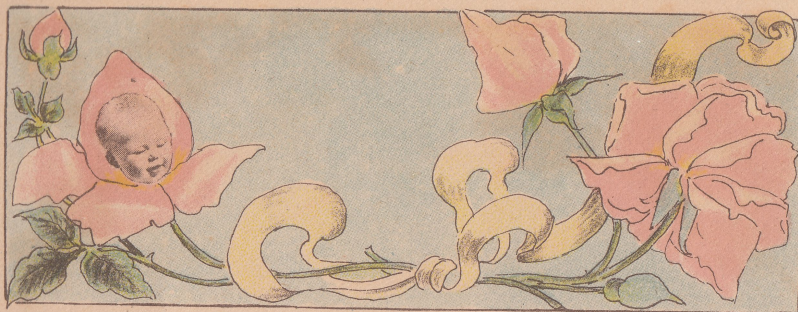
Though most laxative medicines have a bad effect on the bowels if used too often, milk of magnesia is mild and alkaline (like lime water) and may be used daily as long as necessary in overcoming habitual constipation. The following is a good method:

At 9 A. M. give one teaspoonful of milk of magnesia. In two hours give another teaspoonful. This is for the purpose of clearing out the bowels well to start with. Next day, to each feeding of milk add from 4 to 6 drops of milk of magnesia, and let the baby take it right in the food. Keep this up for 3 or 4 weeks or till the baby appears to be regular. Gradually leave it out, drop by drop, till you are giving none at all. When less than 30 drops a day are being given, milk of magnesia is not a physic, but is useful in making cow's milk less acid, and more like mother's milk.

After acute diarrhoea, or after purging with castor oil, there is almost sure to be constipation. Milk of magnesia will help the bowels become normal again better than a stronger laxative; or use a suppository; or better, at night inject 2 ounces of warm sweet oil so that the passage next day will not be hard and dry. An enema is useful if the bowels will not move otherwise.

Never let a day pass without a good bowel movement.





STOOLS

An infant should have two or three movements daily during the first week of its life, then two movements daily until one month, and after that at least one movement daily.

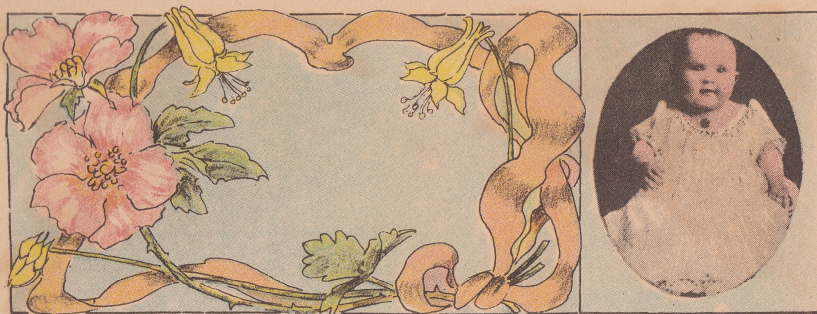
A child that is taking milk will have yellow movements. If the milk is not well digested, the movements will be greenish, with white curds and mucus. The color will vary if medicine or physic is being given. Milk of magnesia will cause a whitish stool, castoria a brownish stool, and castor oil always brings some mucus. Beef juice will darken the stool, and if the doctor has prescribed bismuth or iron, the movements will be almost black. Often a child will have a rough looking stool, but if it is yellow, and does not show undigested white curds, it is all right. Most frequently, however, if the child is not constipated, the movements will be a smooth yellow. If the child is not receiving enough nourishment, the passages will be scant and thin and it may be an enema or physic is necessary to produce any movement at all. Increase the food, and the bowel movements will show the benefit.

TEACHING THE BOWELS REGULARITY

Any baby over 3 months old may be trained to evacuate the bowels. Choose the same hour each morning, directly after a feeding. Place the child over a small round vessel held between the mother's knees, and firmly support the back. Stimulate the bowels to action by tickling the anus, or if this fails, insert a suppository. Infant glycerine suppositories are satisfactory, or the mother may make a suppository as follows: Shape pure castile soap or a white wax candle into a smooth pencil the size of the little finger, tapering toward a round, blunt point. Grease with vaseline; insert half way into the rectum. When baby strains a few times, withdraw, and the passage will follow.

Remember that the suppository is used to train the child. Inflammation may result from too long use of a suppository, especially





of soap, which stings the rectum. Never insert anything without using plenty of vaseline, both on it and around the anus, and take great care never to injure the delicate membranes inside. Children able to sit up may use a low nursery chair with a pillow at the back.

FRUIT JUICE

Fruit juice should be given freely, if it does not cause diarrhoea; the juice of any fresh, ripe and perfectly sound fruit, except pears, being safe, but juice that is too sour will irritate the bowels and cause scalding, looseness, or diarrhoea. Orange juice can often be given with benefit as early as the fifth or sixth month. It helps in constipation particularly. Choose a sweet, ripe orange, strain the juice, sweeten, dilute with an equal amount of water, and give 1 hour before feeding time. From 2 teaspoonfuls a day to start with, you may safely work up to 4 tablespoonfuls daily at one year. Bottled Loganberry Juice is now sold in many drug and grocery stores. Physicians who have used the pure bottled juice recommend it as beneficial for babies. Never give fruit juice at the same time with milk—give it at least one-half hour before or after. Fruit juice helps bone development, and is important to the baby.

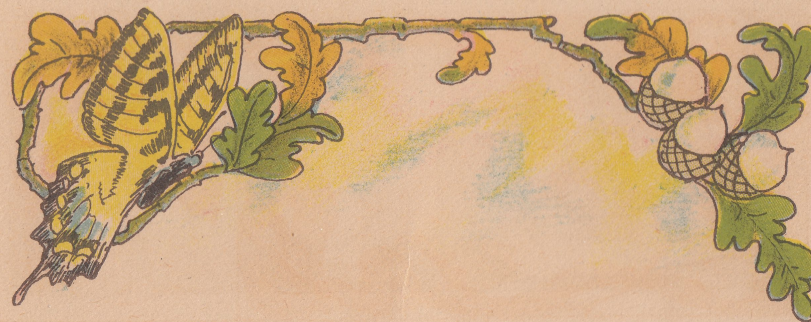
SORE BUTTOCKS

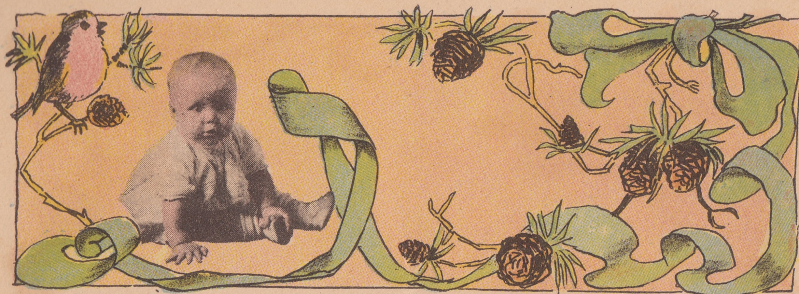
After every passage wash the buttocks immediately or the skin will be scalded. For slight redness due to neglect use vaseline.

Often this trouble comes from intestinal disorder. Too rich a food, irritating foods, and sour milk, will cause this soreness.

If the food seems too rich, try diluting it a little, and give a large dose of oil (see "SUMMER COMPLAINT"). Bathe the inflamed parts with warm water and pure castile soap, using a piece of absorbent cotton. Pat dry with a soft cloth, and apply melted cocoa butter. The cocoa butter is very healing, and also forms a protection over the inflamed parts. A mixture of castor oil and bismuth is very healing.

Eczema may develop from a rash on the buttocks, hence the importance of saving the skin all possible irritation. Always change diapers as soon as wet. Try to keep the baby dry day and night.





CONVULSIONS

Convulsions always cause extreme alarm, as the baby's eyes usually roll up, the mouth draws down, and the body stiffens. There may be one convulsion, or a number. The pulse may grow weak, the face pale, the mouth and nails blue, and extremities cold.

Send for a doctor on observing twitching or any convulsive symptom, and keep the child quiet. Put water on to heat. If you cannot get medical aid during convulsions, remember that you should cool the baby's head and warm its body. The usual method is to put cold wet cloths or ice at the head, and warm the body with a tub bath. The water should be tested with a bath thermometer. Excited mothers frequently get the bath too hot, and cause serious burns. The temperature should be between 103 and 106 degrees F., never hotter. To the bare elbow it should feel warm, but not uncomfortably hot.

A safer way (if the mother must work alone) is to apply cold cloths to the head, and warm feet and body with hot water bottles. Heat blankets, and wrap baby in these. Give a warm enema (100 degrees), and it is well to repeat the enema every four hours till you have given three or four, as this washes poisons from the bowels.

Never try to give soothing medicines except by doctor's orders, as the least mistake may be fatal.

The commonest cause of convulsions is constipation. The mother should never put baby to bed at night till there has been a good movement for the day. After diarrhoea, if the bowels do not move all day, the mother should give a good enema at bedtime. Poisons easily accumulate in the bowels, especially during teething. Food that lumps in the stomach causes distress and sometimes convulsions.

TO GIVE AN ENEMA

Enemas are useful in emergencies, when the bowels should be emptied at once. They should not be used too often, as the bowels lose tone and refuse to contract normally if relieved of their natural work.

Use an infant syringe, which is a bulb with a nozzle. Have water heated to 98 degrees, and give babies over six months old a





pint of water with a teaspoonful of salt added. Younger babies need half the quantity of water. Be sure the syringe is entirely full of water. Grease nozzle with vaseline, insert gently and slowly into the anus, and inject the water slowly by squeezing the bulb. The baby should be lying on its back with the hips slightly elevated. The mother's lay should be protected, as water is likely to gush out when nozzle is removed. Press a towel quickly to the anus, and set baby over chamber. If a fountain syringe must be used, hold the bag scarcely higher than the baby's level, so that the water will run in very slowly. Too much pressure may cause violent vomiting. Do not give an enema while baby's stomach is full. Wait till an hour or more after feeding.

HOW TO START GIVING OTHER FOODS THAN MILK

In addition to milk, the average baby under one year may have:

Orange Juice:—Commence with caution at the 5th or 6th month, 1 teaspoonful daily. Strain, sweeten, dilute with equal quantity of water. Never give during diarrhoea. If buttocks are scalded or bowels grow loose, give less, or discontinue till baby is a little older. Always choose a sweet ripe orange.

Beef Juice:—At 10 months give 1 teaspoon daily, near noon feeding. Work up to not more than 3 tablespoonfuls at one year.

White of Coddled Egg:—Give same amount as beef juice, on alternate days, if baby likes it. Beef juice and white of egg may be begun to advantage at six months if the baby is pale and bloodless.

Zwieback:—Babies may have a little zwieback at 10 or 11 months. Give no other solid food till about the 18th month. To make zwieback, cut bread (not new bread) into strips about one inch thick, and bake slowly, preferably with oven door partly open, till light brown and absolutely dry. Whole wheat bread is more nourishing than white bread.

WHEN BABY COMMENCES TO EAT

It is well established that the high mortality among young children is caused chiefly by improper feeding, especially during hot weather. Many otherwise well educated women are desperately ignorant on this vital subject.





The first 12 months, bottle fed babies should have fresh milk prepared so as to be free from heavy curds. For a child 12 to 18 months old, the following schedule is suggested:

- 6:30 A. M. Prepared milk.
- 8:00 A. M. Strained and sweetened orange juice, 1 to 2 ounces.
- 9:00 A. M. Some finely grained wheat cereal, well cooked, served with baby's prepared milk poured over it, and some sugar.
- 12:00 M. Either mutton, beef or chicken broth, milk, egg-nog, poached or coddled egg, zwieback or toast thinly buttered and softened with boiling water and served with 2 ounces of cream. (Use no brandy in egg-nog.)
- 3:00 P. M. Prepared milk.
- 6:00 P. M. Wheat cereal as before served.

BEDTIME—Prepared milk.

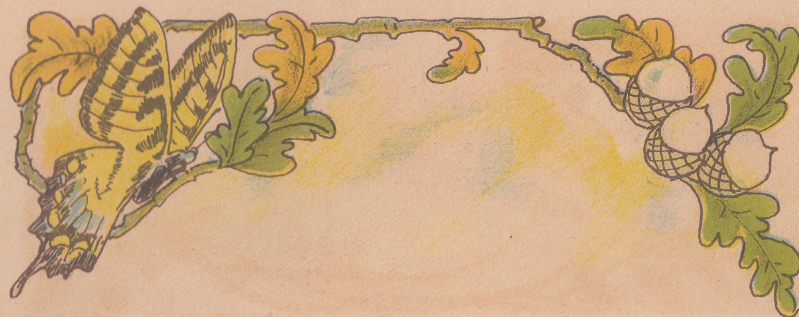
Raw fruit juices should be given at least half an hour before or after milk, not at the same time.

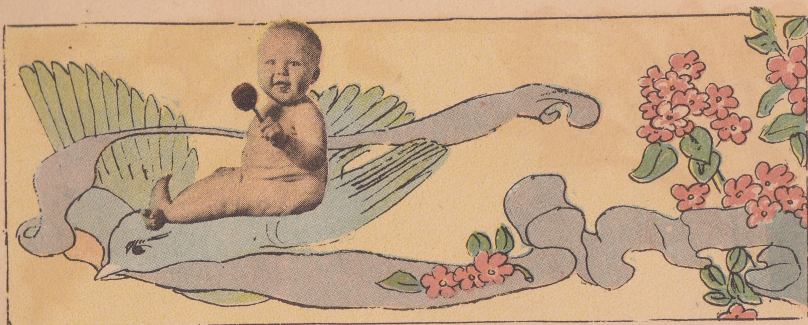
The fine wheat cereals give best results at first, though gruel of oatmeal, hominy, barley or rice is good, if cooked 3 hours or more in a double boiler.

In making broth, skim away all grease. The broth should be like jelly when cold.

At 18 months a child may have apple sauce, or baked apples strained through a wire sieve, or stewed prunes, strained also. Prunes are more laxative if sweetened with brown sugar. For dessert it may have plain rice, bread, or tapioca pudding, blanc-mange, junket or baked custard. From 2 to 3 years it is usually safe to begin baked potatoes (which are much better than mashed potatoes), and a very little green vegetables, if cooked a long time. Cabbage, lima beans and corn should not be given at all, and no uncooked vegetable or fruit should be permitted till the child is 5 years old, though the juices of raw fruits free from seeds, pulp and skin, are beneficial. Raw apples, if perfect and ripe, may be given, *grated*, to strong children.

Avoid giving orange pulp, pears, cherries, berries containing seed, nuts, bananas, and green apple sauce.





Do not think it cruelty to deny a child injurious food. The cruelty comes in ever permitting the first taste. Only the most ignorant or indulgent parent would give young children tea, coffee or beer.

IMPORTANT THINGS TO REMEMBER

Weigh the baby every week. Give it boiled water to drink. Give plenty of food. Don't give it a pacifier. Don't give it anything to bite that has not been boiled. Wash eyes daily with separate bits of absorbent cotton and clean boric acid solution. Protect the eyes from any bright light. Give the baby pure air—let it take its day-time naps outdoors every good day. Protect it from flies and mosquitoes. Keep hands and feet warm, head cool, and bowels open.

ALBUMEN WATER

If a rest food is necessary for the infant, albumen water is best, as it does not irritate the vomiting stomach and will not sour. Stir the unbeaten white of a fresh egg slowly into a pint of luke-warm water, adding sugar and salt to taste. Before pouring out a feeding, stir up very slowly, so that the white will not froth. It is not advisable to keep the baby very long on this weak diet.

CODDLED EGG

Place egg in pint of boiling water, remove from the fire, and let stand from 6 to 9 minutes. The white will become like jelly.

BEEF JUICE

Put 1 pound of finely chopped round steak, $5\frac{1}{2}$ ounces of water and a good pinch of salt into a covered jar. Let stand 5 hours in a cool place. Then strain through cheesecloth, twisting to get out all the juice.

LIME WATER

To one quart of water, previously boiled, add one-half tablespoonful of Lime. Let stand over night in stoppered bottle. Then pour off clear solution. Discard the slight residue left in bottle. When the solution commences to become cloudy make up fresh solution.

